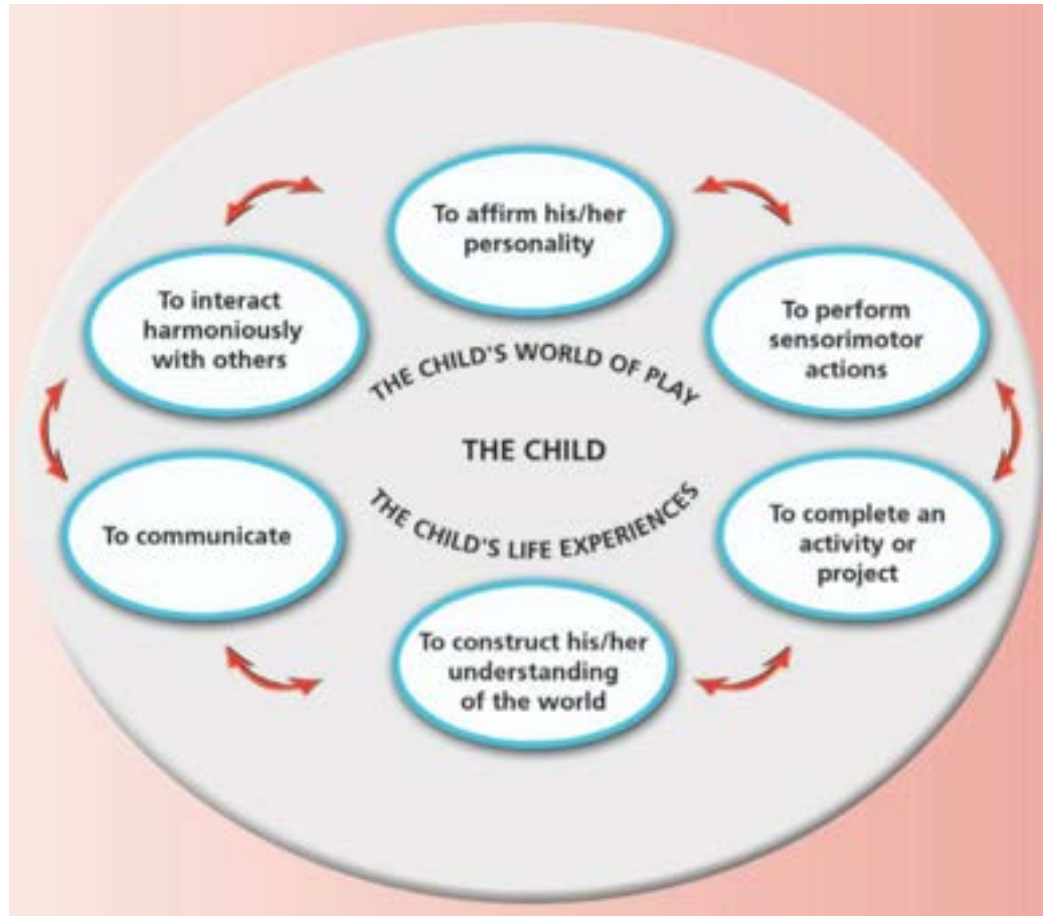


# Welcome to 5-Year-Old Kindergarten



# The Program



# The Program

## How do we achieve these goals?

- Circle time
- Gross-motor activities
- Blocks and puzzle play
- Fine-motor activities
- Phonemic awareness
- Art activities
- Early numeracy activities
- Music activities
- Story time
- Science activities
- Play plans
- Dramatic-play activities

For a  
Smooth  
Transition...



*At home, it's the little things you do every day that prepare your child for kindergarten.*



The growth and cognitive development of young children are powered by play, exploration and fostering a Love of learning.

*These French and English resources might be helpful.*

For a  
Smooth  
Transition...



<https://sites.google.com/lbpearson.ca/esdresources/k4-k5>

For a  
Smooth  
Transition...

Playing in  
French



# En attendant la maternelle...



Lester B. Pearson School Board  
 1823 Brookdale Ave., Dorval, QC, Canada  
 www.lbsp.qc.ca

|   |   |   |   |  |   |   |
|---|---|---|---|--|---|---|
| <p><b>A</b></p> <p>Je joue avec mes amis.</p>   | <p><b>B</b></p> <p>Je fais des bulles.</p>  | <p><b>C</b></p> <p>Je trouve des objets et je nomme leur couleur en français.</p>                     | <p><b>D</b></p> <p>Je danse avec un membre de ma famille.</p>   | <p><b>E</b></p> <p>Je vais explorer mon quartier et je pense devant moi-même.</p>                                |   |   |
| <p><b>F</b></p> <p>Je goûte à un nouveau fruit.</p>                                       | <p><b>G</b></p> <p>Je joue avec mes amis. Je vais grimper et glisser au parc.</p> | <p><b>H</b></p> <p>Je demande à un adulte de m'aider à la bibliothèque pour me faire des lettres.</p> | <p><b>I</b></p> <p>Je fais une chose aux insectes.</p>  | <p><b>J</b></p> <p>Je joue à un nouveau jeu.</p>   | <p><b>K</b></p> <p>Je saute comme un kangourou.</p>                                       | <p><b>L</b></p> <p>Je joue aux Lego.</p>                                      |
| <p><b>M</b></p> <p>J'étudie la musique en français (j'apprends une nouvelle chanson).</p> | <p><b>N</b></p> <p>Je regarde les nuages et je fais des formes amusantes.</p>     | <p><b>O</b></p> <p>Je vais avec l'enseignante pour savoir savoir si mon jeu est en vente.</p>         | <p><b>P</b></p> <p>Je suis à la piscine.</p>  | <p><b>Q</b></p> <p>Je joue aux devinettes en posant des questions.</p>   | <p><b>R</b></p> <p>Je me repose et lisant une histoire comme des livres. (lecture...)</p> | <p><b>S</b></p> <p>Je joue au soccer ou à un autre sport avec des amis.</p>   |
| <p><b>T</b></p> <p>Je joue au jeu de téléphone.</p>                                       | <p><b>U</b></p> <p>Je suis créatif! Je fais une poupée qui me plaît!</p>          | <p><b>V</b></p> <p>Je fais une promenade à vélo.</p>  | <p><b>W</b></p> <p>Je fais des WOI! J'impressionne mes amis en leur montrant quelque chose que je peux faire toutes seules!</p> | <p><b>X</b></p> <p>Comme un pirate, je dessine une carte, et j'irais en faire un voyage au cachet à l'école.</p> | <p><b>Y</b></p> <p>Je fais du Yoga! Je fais une activité préférée!</p>                    | <p><b>Z</b></p> <p>Je vais au zoo et je je nomme des animaux en français.</p> |

Mme Ève Lefebvre LSP188 2019

# For a Smooth Transition...



## *Reassure your child:*

- Read stories about going to school.
- Take your child to a new place (ex: school yard if open) and discuss the beauty of change and new experiences.
- Discuss with your child what a typical day at kindergarten is like;
- Tell your child what time you'll pick them up after school;
- If your child comes home by bus, tell them that there will always be someone there to meet him/her at his stop.

## *Set up a routine with rules to follow:*

- Set routines for your child, for example at bedtime, gets them used to following rules and instructions.

## *Encourage your child's independence:*

- Getting dressed or going to the washroom on their own, even if it takes a little longer;
- Hanging up coat and putting toys away.

# For a Smooth Transition...



- ***Be loving and attentive:*** Quickly responding to preschoolers' needs and questions, taking the time to listen to them and showing an interest in what they're doing are all actions that build confidence.
- ***Encourage your child to ask questions:*** This sparks curiosity. You should also encourage your child to look for the answers with you on the Internet or at the library. The desire to understand things fosters academic motivation.
- ***Encourage your child to speak often:*** You can ask your preschooler what they did at daycare, if they have any ideas about how to settle a little problem, or what they would do if they were the character in a story. This will get them used to reflecting on things and expressing their thoughts about them.
- ***Speak positively about the school:*** You can tell your child that they'll learn all sorts of things and meet new people, so that they look forward to going. It's also important to communicate to your child the trust that you have in the school and the adults within it.



For a  
Smooth  
Transition...



*Help your child to develop healthy habits.*

## NUTRITION AT LBPSB

### *It starts in Kindergarten!*

Schools play a critical role in promoting a healthy, physically active lifestyle and positive mental health for children.

It is our shared responsibility to help educate children on how to establish healthy behaviours. Multiple studies have shown positive links between proper nutrition and strong academic performance.

**WE MUST FUEL THE BODY IN ORDER  
TO FUEL THE BRAIN!**

### Help your child have a great day at school:

- Eat a healthy breakfast
- Pack a healthy lunch that includes foods from Canada's food guide
- Refuel throughout the day with healthy snacks
- Rehydrate with water
- Be active daily
- Get enough rest



For a  
Smooth  
Transition...



*Make sure your child sees and hears well  
by checking with specialists.*



For a  
Smooth  
Transition...

*Fill out all documents sent by the  
school. This will help us to get to  
know your child better.*



## Background Information

Every child develops at his/her own pace. Answering these questions will help us to know you and your child better. However, feel free to skip any question you don't feel comfortable answering.



Don't forget to return the K5  
Background Information  
Form on August 31st.

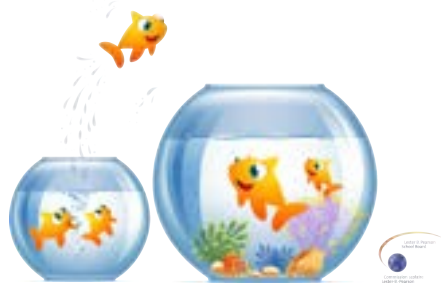
*Collaboration between home and school can help foster a positive attitude toward learning in your child.*

If you have any questions, do not hesitate to contact us.

*Be sure to stay informed*

[LBPSB Website](#) & [Facebook Page](#)

[Riverview Website](#) & [Facebook Page](#)



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